



## Activity Limitations for Certain Medical Conditions



Condition	Minimize these activities	Recommended Activities:
Arthritis of Hip or Knee	<p>Weight Bearing Activities:</p> <ul style="list-style-type: none"> <li>• Jogging</li> <li>• Stair Climbers</li> <li>• High Impact Aerobics</li> </ul> <p>Any high repetition, high resistance or high impact activity</p>	<ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• Outdoor or stationary cycling</li> <li>• Swimming</li> <li>• Water aerobics/walking</li> <li>• Elliptical machines</li> <li>• Rowing machines</li> </ul>
Osteoporosis (Brittle Bone Disease)	Activities with lots of bending forward at the waist; for example sit-ups or stomach crunches	Any activity that avoids bending at the waist
Low Back Pain	High impact activities that involve running and/or jumping	<ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• Walking</li> <li>• Slow jogging</li> <li>• Outdoor or stationary cycling</li> <li>• Swimming</li> <li>• Water aerobics/walking</li> <li>• Elliptical machines</li> <li>• Rowing machines</li> </ul>
Lower Extremity Amputation	With proper prosthesis, no activities are limited. As you lose weight your prosthesis may need to be refitted.	<ul style="list-style-type: none"> <li>• Referral to physical therapist and/or brace shop is recommended</li> </ul>
Stroke or Spinal Cord Injury	Limitations in activities depend on the amount and location of disability	Referral to physical therapist is recommended
Balance Problems	Unassisted walking, outdoor cycling, activities with lots of jumping or side to side motion	<ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• Stationary cycling</li> <li>• Walking on treadmill with handrail</li> <li>• Other fitness machines with handles or grips</li> <li>• Referral to physical therapy is recommended</li> </ul>